FLOW FORM™ General Exercise Chart

1 How to Exercise

IMPORTANT – Read this Exercise Chart in conjunction with the *User Manual & Exercise Guide*

Exercise Program - Depending on the available time, select either the "EXPRESS" or "TOTAL BODY" Exercise Program. The different exercises in the Programs (see "Exercise Programs") are designed to work out the various muscles of the body. Perform each of the exercises in the sequence as indicated in the Exercise Program. For variety, from time to time, the sequence in the Exercise Program can be reversed. You can also alternate between exercise programs during different exercise sessions.

Exercise Resistance - For each exercise, engage a suitable level of resistance by attaching one or more of the resistance bands to the resistance hook.

Exercise Reps & Sets - For each exercise, engage a suitable level of resistance to enable you to perform the exercise movement ("rep" for short) 15 times (a set). During each subsequent exercise session, attempt to increase the number of reps, working towards 20 reps per exercise. Once you have reached 20 reps per exercise, increase the resistance level by a suitable amount that will allow you to perform 15 reps.

How to Perform each Exercise - Each exercise is accompanied by a brief description of how to perform the exercise with two accompanying pictures: The start of the exercise; and the mid point of the exercise. By returning to the starting position, one rep. of the exercise will be completed.

2 Exercise Program Options

- Exercises are grouped together into specific Exercise Programs designed to meet your requirements.
- There are 2 Exercise Programs. Select the program that is best suited to your fitness level, available time, objectives and level of motivation.

EXPRESS	A total body workout - if you have limited time, have been inactive or are unfit
TOTAL BODY	A total body workout exercising a wide range of muscles - if you are fit, have the time and want a more complete workout

3 Exercise Programs

Each program consists of 3 groups of exercises: Warm Up, Work Out and Cool Down. Do not skip any stage.

Warm Up

Start your exercise program with a light exercise to raise your body temperature

- **Cardiovascular Exercise**
  Begin by marching on the spot, moving arms and progress to a slow jog. When fitter, run on the spot, lifting knees and pumping arms. In addition, you can also perform jumping jacks.
- **Stretching**
  Follow with stretching exercises.

Cardio & Stretching A,B,C,D,E,F,G,H,I

Work Out

- If you are unfit, start slowly and build up gradually. Once fit, exercise actively so as to increase your heart rate.
- Complete the exercises in the indicated order, moving at a steady pace from one exercise to the next. If you find any particular exercise too strenuous, skip it and try again when you are fitter.
- Perform exercise movements with smooth, continuous motions, approximately 1 rep every 1 - 2 seconds.
- Perform each exercise with proper form (e.g. keeping your head and spine aligned) and do not swing or use momentum when moving against resistance.
- Maintain steady, rhythmic breathing whilst exercising – do not hold your breath.
- Always contract your abs, core and lower back muscles whilst performing an exercise. This will stabilise the body and help prevent injury.
- To intensify your program, first attempt to increase the number of repetitions per exercise and then try to increase the resistance per exercise (see Resistance Chart in *User Manual & Exercise Guide*).
- Do not increase reps and resistance during the same exercise session. A further way to intensify an exercise is to increase the speed of motion when performing the exercise.

EXPRESS	TOTAL BODY
Ex No.	Ex No.
1	1 - 23
2	
3	
19	
8	
15	
13	
18	
10	
9	
32	

Cool Down

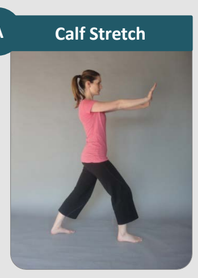
End your exercise with a Cool Down

- **Cardiovascular Exercise**
  Run or walk on the spot gently for 1-2 minutes
- **Stretching**
  Stretch slowly, holding the stretch for 20 – 30 seconds

Cardio & Stretching A,B,C,D,E,F,G,H,I

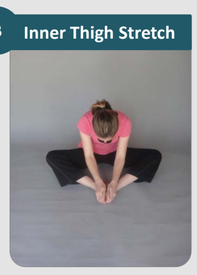
4 Stretching Exercises

A Calf Stretch



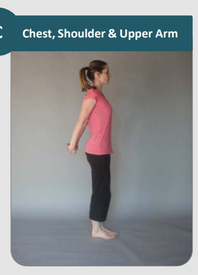
Face the wall with one leg in front of the other, feet flat and toes facing forwards. Bend the knee of the front leg whilst keeping the back leg straight. Push the hip of the back leg towards the wall. Repeat with the other leg.

B Inner Thigh Stretch



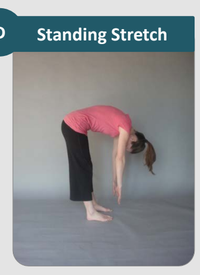
Sit on the floor with knees bent and soles of the feet touching. Lean forward holding ankles or feet.

C Chest, Shoulder & Upper Arm



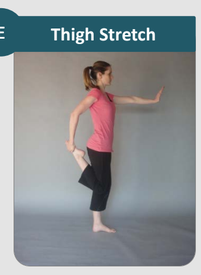
Interlace fingers behind the back. Slowly turn the elbows inwards whilst straightening the arms.

D Standing Stretch



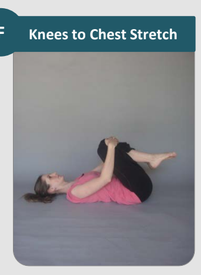
Inhale. Tuck your chin in and breathing out, roll down to a comfortable position. Keep the back rounded and touch toes if possible. Breathe in and out whilst maintaining the position.

E Thigh Stretch



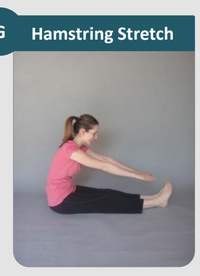
In the standing position, reach one hand behind the body and grasp the top of the foot. Pull the heel towards the buttocks. Keep the standing leg's knee slightly bent. Repeat on the other leg.

F Knees to Chest Stretch



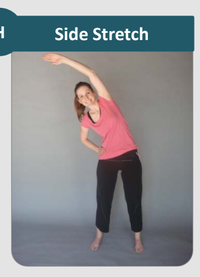
Lie on your back. Bend knees and lift feet off the floor. Hug knees to chest.

G Hamstring Stretch



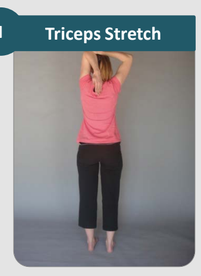
Sit on the floor with legs straight and knees bent. Stretch forward towards toes.

H Side Stretch



Stand with feet apart, knees slightly bent and one arm at side. Reach the other arm above the head and bend sideways taking the raised arm over and to the side. Repeat with other arm.

I Triceps Stretch



Place left hand behind the head, elbow bent with palm facing just below the head on the neck. With the right hand hold the left elbow and pull the arm towards the head. Repeat with the other arm.

5 General Exercises

IMPORTANT MEDICAL WARNING

Carefully review the Exercise Chart and consult your physician before using this product or performing the exercises presented herein. The instructions and advice presented in this Exercise Chart are in no way intended to be a substitute for medical counselling. Not all exercises are suitable for everyone and any user of this product assumes the risk of injury resulting from performing the exercises shown. If at any time you feel you are exercising beyond your current fitness level or you feel uncomfortable, you should discontinue exercise immediately. Your physician should help you ascertain your target heart rate, as determined by your age and physical fitness. Certain training programs and types of exercise equipment may not be suitable for everyone. This is particularly important for those individuals over 35, pregnant women and individuals with existing health problems or problems with balance. If you take medication which affects your heart rate, you must seek medical advice from your doctor before starting your exercise program with this machine.

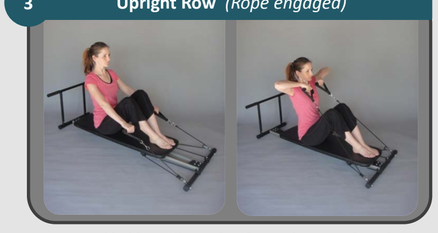
1 Bicep Curl *(Rope engaged)*

A: Sit and hold handles with palms facing up and arms slightly bent.
B: Curl arms and bring handles to chest level keeping, elbows in at sides and in same position. Pause and return.

2 Lateral Raise *(Rope engaged)*

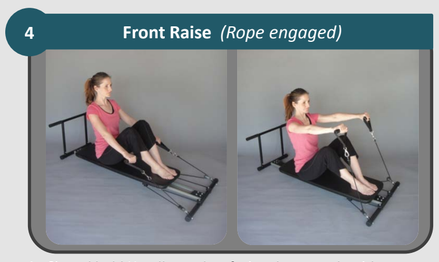
A: Sit and hold handles, palms facing inwards with arms slightly bent.
B: Lift handles sideways to shoulder level. Pause and return.

3 Upright Row *(Rope engaged)*



A: Lie and hold Handles, palms facing downwards and arms slightly bent.
B: Pull Handles to chin level while lifting the elbows. Pause and return.

4 Front Raise *(Rope engaged)*

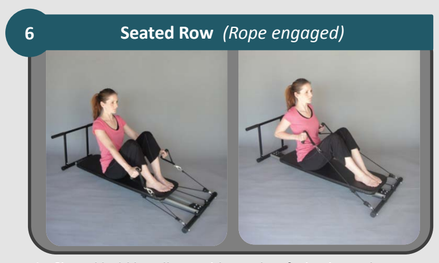


A: Sit and hold Handles, palms facing downwards with arms slightly bent.
B: Lift Handles to shoulder height. Pause and return.

5 Reverse Flys *(Rope engaged)*

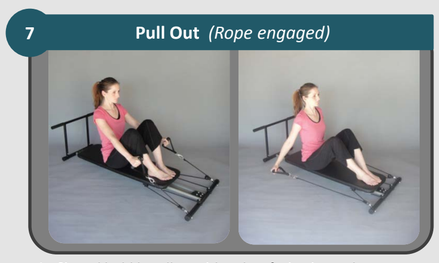
A: Sit and hold handles at sides, palms facing inwards.
B: Pull slightly bent arms outwards to shoulder height. Pause and return.

6 Seated Row *(Rope engaged)*



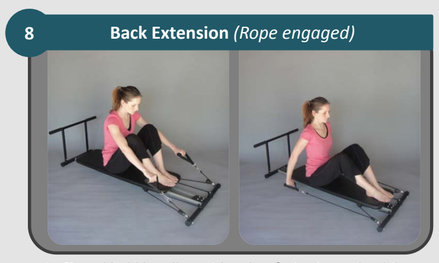
A: Sit and hold handles at sides, palms facing inwards.
B: Pull handles to sides of chest. Pause and return.

7 Pull Out *(Rope engaged)*



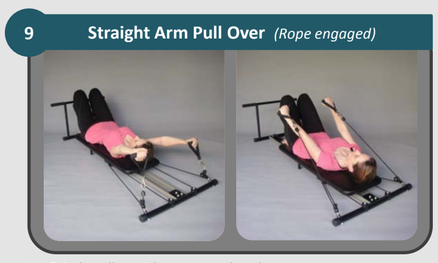
A: Sit and hold handles with palms facing inwards.
B: Pull slightly bent arms backwards and to the sides. Pause and return.

8 Back Extension *(Rope engaged)*



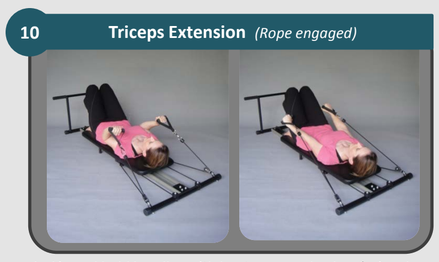
A: Sit and hold handles with palms facing inwards while bending forward at the hips with straight back.
B: Pull slightly bent arms backwards while straightening the torso. Pause and return.

9 Straight Arm Pull Over *(Rope engaged)*



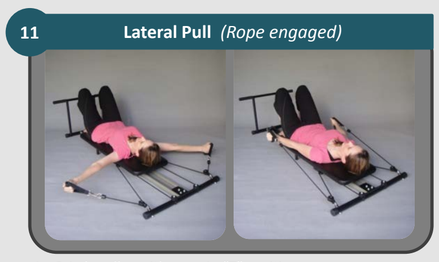
A: Grip handles with arms overhead.
B: Pull slightly bent arms over body to thigh level. Pause and return.

10 Triceps Extension *(Rope engaged)*



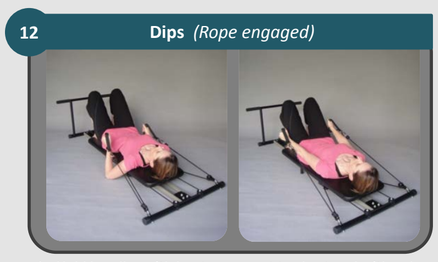
A: Lie and hold handles with bent arms and palms facing down.
B: Extend arms , keeping upper arms and elbows still. Pause and return.

11 Lateral Pull *(Rope engaged)*



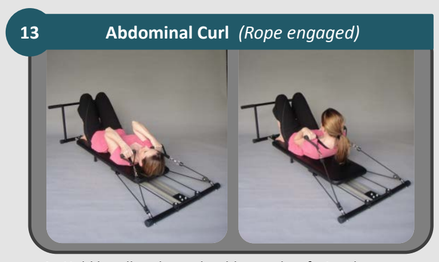
A: Grip handles with arms in "T" position.
B: Pull slightly bent arms to thighs. Pause and return.

12 Dips *(Rope engaged)*



A: Hold handles with bent arms next to chest and with palms facing inwards.
B: Straighten arm. Pause and return.

13 Abdominal Curl *(Rope engaged)*

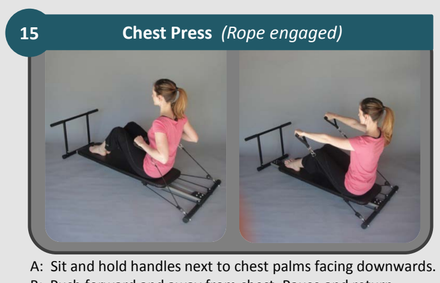


A: Hold handles above shoulders, palms facing down.
B: Crunch forward, lifting shoulders off the glide board with lower back remaining on the glide board. Pause and return.

14 Oblique Curl *(Rope engaged)*

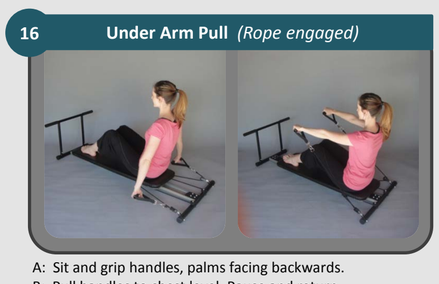
A: Hold handles above shoulders, palms facing downwards .
B: Bring left elbow towards right leg and return. Pause and repeat for other side with opposite elbow and leg.

15 Chest Press *(Rope engaged)*



A: Sit and hold handles next to chest palms facing downwards.
B: Push forward and away from chest. Pause and return.

16 Under Arm Pull *(Rope engaged)*

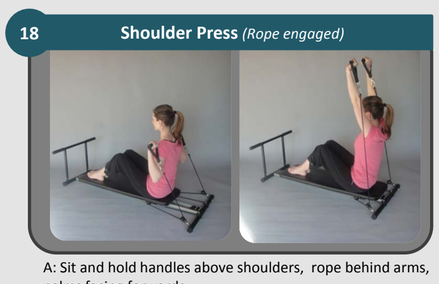


A: Sit and grip handles, palms facing backwards.
B: Pull handles to chest level. Pause and return.

17 Flys *(Rope engaged)*

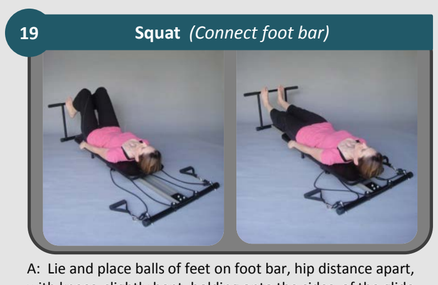
A: Sit and hold handles sideways with arms slightly bent, palms facing inwards.
B: Move slightly bent arms to front of chest. Pause and return

18 Shoulder Press *(Rope engaged)*



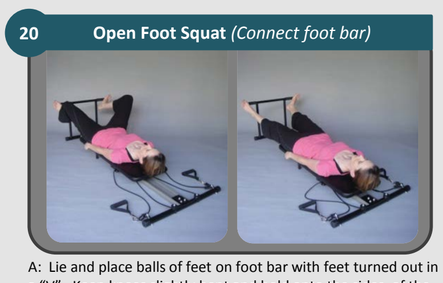
A: Sit and hold handles above shoulders, rope behind arms, palms facing forwards.
B: Press up and straighten arms. Pause and return

19 Squat *(Connect foot bar)*



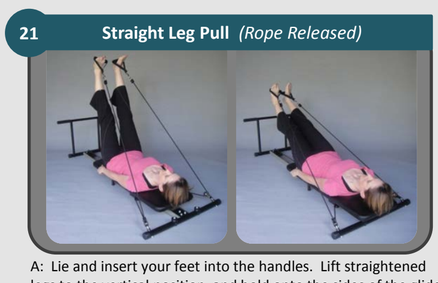
A: Lie and place balls of feet on foot bar, hip distance apart, with knees slightly bent, holding onto the sides of the glide board.
B: Straighten legs. Pause and return.

20 Open Foot Squat *(Connect foot bar)*



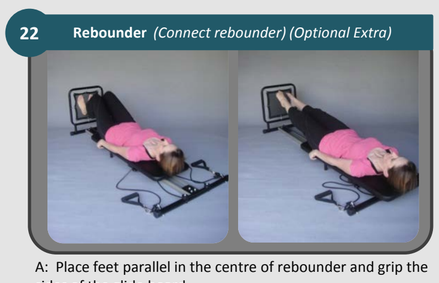
A: Lie and place balls of feet on foot bar with feet turned out in a "V". Keep knees slightly bent and hold onto the sides of the glide board.
B: Straighten legs. Pause and return.

21 Straight Leg Pull *(Rope Released)*



A: Lie and insert your feet into the handles. Lift straightened legs to the vertical position, and hold onto the sides of the glide board.
B: Slowly lower legs, keeping back flat against the glide board to approximately 45 degrees . Pause and return.

22 Rebounder *(Connect rebounder) (Optional Extra)*



A: Place feet parallel in the centre of rebounder and grip the sides of the glide board.
B: Bounce feet against the rebounder starting with small, controlled movements and gradually increase the rebounding movement.

23 Outer Thigh Push *(Connect foot plate) (Optional Extra)*

A: Stand on foot plate with one foot. Place the other foot onto the glide board.
B: Push glide board away in a slow and controlled manner. Pause and return. Perform the required number of repetitions and then turn and face in the opposite direction and repeat movement with opposite leg.